

WINTER 2016

Wellness Works!

A seasonal source for fitness, health and wellness information.

The Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330

919-776-0501



**Living Healthy
with Diabetes**

This is a free evidence based class developed by Stanford University. Open to all adults with priority given to those age 50 and better.

Class Dates & Times:

February 4 - March 10, 2016

Thursdays 2:00pm - 4:30 pm

Learn to manage your symptoms; use relaxation techniques; improve your communication skills; solve problems and set goals; use medication more effectively; and increase your self-confidence. Registration is required.

Call 919-776-0501 Ext. 2201.



A Matter of Balance is an evidence based program that was developed by Boston University. Learn skills to manage concerns about falling. You'll discover how to make changes to reduce fall risks, set realistic goals to increase your activity level and you will improve balance, flexibility and strength thru exercise.

We will hold 2 sessions:

January 11 - February 8, 2016

OR

February 15 - March 11, 2016

Classes will be held on:

Mondays 2:00pm - 4:00pm and

Fridays 1:00pm - 3:00 pm

These classes are free and open to any adult concerned about falling. Priority given to those age 50 and better. Stop by the front desk to register

or call 919-776-0501 Ext. 2201.

UNLEASH THE POWER OF AGE!

SENIOR CENTERS ~ Experts at Living Well

The Enrichment Center of Lee County
1615 S. Third St., Sanford, NC 27330. 919-776-0501 www.leecountync.gov/ec
Fitness Instructors: Kathy McLeod-Edwards & Cathy Andrew

A seasonal source for fitness, health and wellness information.

The Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330 919-776-0501

Nuts & Chocolate: A Winning Combination!

Dark chocolate and nuts are both good for you but when you mix them together you get the health benefits of both foods. This yummy combination is surprisingly good for your health. Watch the calories though. A handful should satisfy your sweet tooth while still keeping you healthy.

Dark chocolate.

(70% cocoa or higher), is rich in a group of antioxidants known

as flavonoids. Studies have found that these antioxidants may help lower your blood pressure, improve cholesterol and lower your risk of heart disease, stroke and diabetes and may even boost mood and improve memory.

Nuts help keep your heart healthy because they're rich in mono- and polyunsaturated fats. These good-for-you fats can help lower your risk of heart disease, cancer, high cholesterol and diabetes. Try different kinds like pistachios, walnuts, macadamia nuts, almonds or whatever you prefer.



Dark Chocolate Nut Clusters



Ingredients

1 cup roasted raw almonds, with skins
1 cup roasted raw pistachios
1/2 cup dark chocolate or bittersweet chocolate chips
1/2 teaspoon Kosher or sea salt

Directions

Preheat oven to 325°.

Line a rimmed cookie sheet with parchment paper; evenly spread almonds and pistachios onto sheet. Roast 12 minutes. Cool to room temperature.

In a medium saucepan, combine chocolate and salt; melt over low heat, stir until completely melted, about 3 – 4 minutes.

Add almonds and pistachios to chocolate; toss to cover. Pour chocolate covered nuts onto the same lined cookie sheet; spread flat, but keep nuts next to each other in order to form clusters.

Allow to cool at room temperature; refrigerate 30 minutes if chocolate is still sticky. Break into 1 - 2 inch pieces. Store in an airtight container for up to 3 days.

Yield: 12 servings | Serving Size: 2 clusters |
Calories: 106

Source: <http://skinnyms.com/dark-chocolate-nut-clusters>

Source - www.sharecare.com/health/diet-nutrition/article/go-nuts-with-chocolate

A seasonal source for fitness, health and wellness information.

The Enrichment Center of Lee County • 1615 S. Third St., Sanford, NC 27330 919-776-0501

Benefits of an Active Lifestyle

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being. Research shows that active seniors:

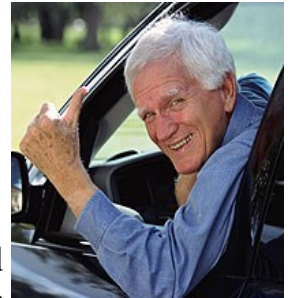
- ♦ **Are less likely to develop certain diseases.** Participating in hobbies and other social and leisure pursuits may lower risk for some health problems including dementia.
- ♦ **Have a longer lifespan.** One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (like volunteering, working part time, or gardening) lived longer than people who did not.
- ♦ **Are more happy and less depressed.** Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel happier and more healthy. They think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency and dementia in later life.
- ♦ **Are better prepared to cope with loss.** Studies suggest that volunteering can help with stress and depression from the death of a spouse. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).
- ♦ **May be able to improve their thinking abilities.** Research is exploring how participating in creative arts or activities like music and dance might help people age well. *Get involved! Think outside the box and try something new!*

Source: nia.nih.gov/publications/participating-activities-you-enjoy?

Safe Driving Tips For Seniors

Are you a safe driver?

As we age our reflexes slow down, we may have trouble driving at night, we may not hear as well and we often find it more difficult to merge



or change lanes. **Here are some tips for older drivers that may help:**

- Avoid high traffic areas whenever possible. Travel in the right-hand lane if you must drive on a fast moving highway.
- Leave more space between you and the car in front of you and start braking early when you need to stop.
- Stay off your cell phone and avoid distractions such as eating or changing the radio station.
- Plan to drive on streets you know and avoid risky spots like ramps and left turns when you can.
- Limit travel at night and allow extra time to get to your destination.
- "When in doubt don't go out." Bad weather makes it harder for everyone to drive. Try and wait till conditions improve if possible.
- Let someone know your travels plans or consider car pooling with a friend when possible.
- Don't drive if you feel lightheaded or drowsy. Remember medications can affect your driving. Talk with your health care provider about your medication if you have any concerns.
- Take a defensive driving course. The Enrichment Center offers them! (Check with the front desk for dates and times.)

Source: National Institute on Aging, Older Drivers Age Page

Wellness Works!

A seasonal source for fitness, health and wellness information.

The Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330 919-776-0501

Our Fitness Programs Rock!

Come Try a Class for FREE!

Daytime Classes Package \$30/month
(\$10 discount)

Evening Classes Package \$25/month
(\$10 discount)

Low Impact Aerobics & Toning Classes
\$10 per month.

Tuesday/Thursday 9:00 a.m.

Monday/Wednesday 5:30 p.m. *

Stretch & Tone

Tuesday/Thursday 11:00 a.m. No Charge.

The Fitness Room**

Monday—Thursday 8:00 a.m. – 8:00 p.m.

Friday 8:00 a.m. – 5:00 p.m.

\$1.00 per daily visit – *Equipment orientation required. See front desk for appointments.*

Walking Trail – ¼ mile
around the perimeter of
the property. Free

Fitness Yoga

Mondays 8:30 a.m. **OR**

Tuesdays 5:30 p.m. **OR**

Fridays 8:30 a.m.

\$15 per month/one class
per week

Zumba Gold

Thursdays 6:45 p.m.*

\$10 per month

(*Water Aerobics held June,
July & August at O T Sloan
Pool on Mon/Wed/Thur)

(**Fitness room is open to
those age 50 and better. All
adults are welcome to fill
available class spaces)

Heel-to-Toe Walk

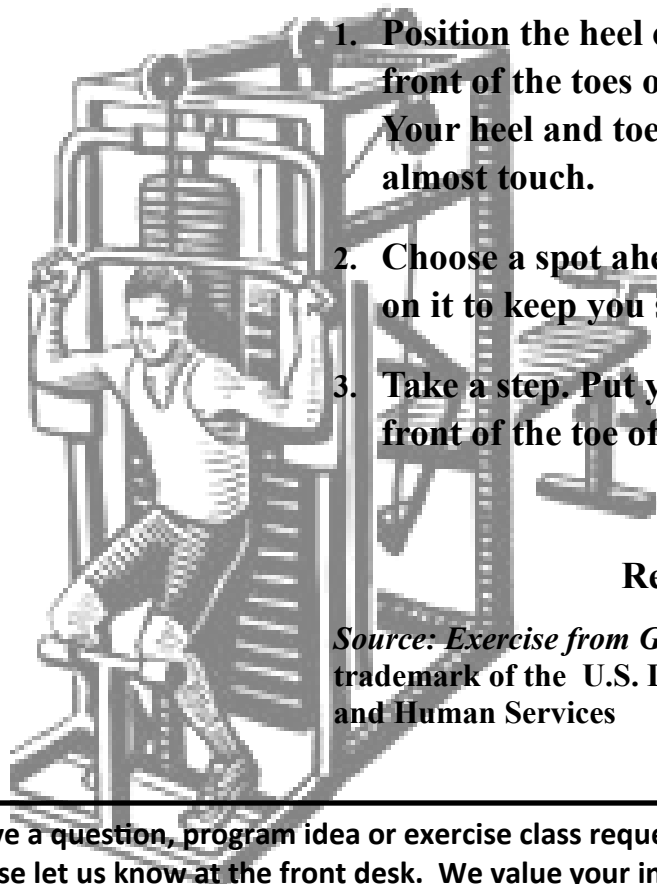


Having good balance is important for many everyday activities, such as going up and down stairs.

- 1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.**
- 2. Choose a spot ahead of you and focus on it to keep you steady as you walk.**
- 3. Take a step. Put your heel just in front of the toe of your other foot.**

Repeat for 20 steps.

Source: Exercise from Go4Life - a registered trademark of the U.S. Department of Health and Human Services



**Have a question, program idea or exercise class request?
Please let us know at the front desk. We value your input!**